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健康推廣的進化論 中央健康教育組專訪 Evolution of Health Promotion A visit to Central Health Education Unit

此圖攝於二零零六年一月由中央健康教育組舉辦的「社會市場學—健康促進活動的應用」研討會。
A group photo was taken at the Seminar on Social Marketing as Applied in Health Promotion organised by CHEU in January 2006.

中央健康教育組成立於一九七八年一月，一直是衛生署健康促進工作的中樞。自二零零三年「沙士」疫潮過後，衛生防護中心的成立，更清晰地確立了促進民康、護民防疾的重要性。誠然，健康促進是公共衛生必不可少的重要一環。該組現於凝聚社會各界的支持，以及推動社區和個人參與促進民康方面擔當着重要的角色；並透過專業為本、事實為據、卓具成效的服務，致力成為本港健康促進工作的領導者。

重新整合 精益求精

作為中央健康教育組總監，蔡遠寧博士的主要工作是領導該組發揮各項職能，與來自不同工作範疇的同事，特別是組內負責非傳染病和傳染病及風險傳達的成員緊密合作，策劃及推行以社區為本的健康促進工作。過去三年，他與該組一起經歷了組內工作重整。早於二零零一年，衛生署提出在組內建立一支包括跨界別專業人士的工作團隊，蔡博士對這份遠見深表欣賞及認同。他說：「我們的使命是與各界攜手合作，致力提供

The Central Health Education Unit (CHEU) has been functioning as the pivot of health promotion for the Department of Health (DH) since its establishment in January 1978. In response to the potential threats of emerging and re-emerging infectious diseases after the SARS outbreak in 2003, Centre for Health Protection (CHP) was established for effective prevention and control of diseases. With the foundation of CHP, the significance of public health promotion for health protection and disease prevention becomes even more sharply positioned. CHEU today adopts a key position in harnessing social and political support, as well as mobilising community participation and personal actions to achieve desired health goals. Striving to be a leader in health promotion in Hong Kong, the mission of CHEU is to implement professional, evidence-based and effective health promotion.

Re-engineering of CHEU

As the Head of CHEU, Dr Ray CHOY's principal undertaking is to take the steerage of the Unit in performing its functions. Working closely with fellows of different teams in the setting, especially the Non-Communicable Disease Team and Communicable Disease & Risk Communication Team, he directs the planning and delivery of community-oriented health promotion. Witnessing the re-engineering of CHEU in the past three years, he highly appreciates and agrees to the DH directorate's vision of building a multi-

專業為本、事實為據和卓具成效的健康促進服務。這亦足證管理層銳意開展香港公共衛生新紀元的決心。時至今日，中央健康教育組人才薈萃，成員各具專業背景，包括醫學、護理、營養學、研究及評估、媒體及市場推廣、資訊科技、社區發展、平面設計、翻譯及圖書館學等……這些進一步提升了我們成為健康促進工作先驅的能力。」

中央健康教育組的工作重點涵蓋眾多與健康有關的課題，工作團隊包羅跨界別專業人士，為達成各項特定目標及發揮各種職能，群策群力，支援各健康教育項目的推行。蔡博士在社工教育方面經驗豐富，並專研公共衛生，自二零零四年起出任中央健康教育組總監。蔡博士以其學者的洞察力，指出社工和健康促進者共同擔當着若干重要角色，即倡導者、使能者和協調者。社會工作和健康促進，本質上都是建基於近似而多元的理論基礎和取自不同範疇的專門經驗，就如世界衛生組織《渥太華健康促進約章》所載其中兩種行動方法，即「加強社區工作」和「發展個人技能」，實為共存於社會工作和健康促進專業的概念。

與社區合作的策略

該組重要工作的方針包括憑藉加強界內各方合作及行動凝聚力，通過健康促進實務的聯繫及宣傳，持續發展健康推廣策略。此外，透過建立、蒐集及傳播良好的健康促進工作範例，亦能發展及提升工作團隊的能力。蔡博士欣喜地表示這些方針正切合中央健康教育組的核心價值，即團隊精神、專業精神、伙伴關係及關心社會。

現時該組訂下六大工作重點一均衡飲食、體能活動、預防傳染病、預防意外、心理健康及煙草管制，以回應本港醫護人士和市民大眾健康意識的日漸提升。這六大重點當中，五項關乎非傳染病。該組其中一個主要工作目標是推廣健康生活模式，對飲食營養及體能活動尤其關注，因為它們是關係到各大與生活習慣有關的疾病患病率的主要因素。這些疾病在社會經濟上對香港的醫療護理系統構成沉重的負擔。

蔡博士更引用了二零零六年九月展開的「健康飲食在校園」運動即為一例，說明中央健康教育組在健康促進方面的工作。根據衛生署學生健康服務的統計，差不多每五名香港兒童當中便有一名屬於過重或肥胖。透過營造有利健康生活環境的策略，改正不利健康的行為，這些風險因素可予消滅。在對抗兒童肥胖的前提下，「健康飲食在校園」活動以小學為目標，因為隨着全日制上課的實施，大多數學童會在中午留校用膳。再者，



中央健康教育組總監蔡遠寧博士
Dr Ray CHOY, Head of CHEU

disciplinary workforce within CHEU first advocated back in 2001. 'Striving to implement professional, evidence-based and effective health promotion strategies in collaboration with the community is our mission. This is the crystal-clear evidence of the directorate's strong determination to unfold a new era of the public health in Hong Kong. Now, CHEU is comprised of professionals with a broad spectrum of expertise, say medicine, nursing, dietetics, research and evaluation, media and marketing, information technology, community development, graphic design, translation, librarianship and so on... all these further enhance the capacity of our unit in becoming the pioneer in health promotion.' said Dr CHOY.

With the priority action areas covering a wide spectrum of health issues, CHEU gears up with professionals from different disciplines to work for specialised targets and functions in supporting the implementation of various health education initiatives. Dr CHOY has a sound background in social work with the special interest in public health. He has been leading the Unit since 2004. With his scholarly vision, Dr CHOY points out a number of key roles shared in common by social workers and health promotion professionals. These roles include advocate, enabler and mediator. In essence, both social work and health



懸掛巨型橫額，向市民傳達注意手部衛生的訊息。
A banner with message on hand hygiene was mounted to prompt the public to wash hands for 20 seconds.

promotion are founded upon similar and multifarious theoretical bases and expertise drawn from different disciplines. For example, two health promotion action means, namely 'strengthen community action' and 'develop personal skills', in the World Health Organization Ottawa Charter for Health Promotion are common concepts shared in both the fields of social work and health promotion.

Strategies in Collaboration with the Community

Strategic directions include continual development of health promotion strategies through communication and campaign for health improvement with strengthened collaboration and cohesiveness of actions across the health promotion community. Also, workforce capacity is developed and enhanced with building, collection and dissemination of evidence for good practices in health promotion. These strategic directions are supported by the core values of teamwork, professionalism, partnership and care for the community.

There are altogether six priority action areas of CHEU - nutrition, physical activity, communicable diseases, injury prevention, mental health and tobacco control - to address the increased awareness of health among local health professionals and general public. Among these six areas, five are related to non-communicable diseases. With a primary goal to promote healthy lifestyles, CHEU is particularly concerned with diet and nutrition and physical activity, for they are key contributory factors for major lifestyle-related diseases which cause heavy socio-economic burden to the Hong Kong healthcare system.

Dr CHOY has also quoted an example to illustrate the duty of CHEU in health promotion which is the territory-wide 'EatSmart@school.hk' Campaign launched in September 2006. Nearly every one out of five children in Hong Kong is found to be either overweighted or obese based upon the statistics collected by the Student Health Service, Department of




中央健康教育組的同事整裝待發，準備就健康推廣製品進行實地研究型成式評量，以確保中央健康教育組的出品質效均臻完美。
CHEU colleagues were geared up to conduct fieldwork for the formative evaluation of health promotion materials, aiming to ensure optimal quality and effectiveness of health education materials produced by CHEU.

良好習慣的培育如能在童年階段盡早開始，則成效最佳。透過電視宣傳短片、家長教師培訓工作坊、項目主題網站等各種媒介，以及社區聯絡工作項目，如二零零七年一月初舉行的「結盟大會」，「健康飲食在校園」運動得以全面推廣予家長、學童、教師、午膳供應商和學校小食部營辦商。

難忘二三事

蔡博士與組內同寅三年來為不同的健康促進項目努力不懈。他認為預防禽流感的風險傳達工作極富挑戰性：「二零零五年底處理可能出現禽流感爆發的潛在威脅，是最難忘、印象最深刻的，因為當時所意識到的危機非同小可，且相當急迫。面對如此情況，當時我需要作出很多決定，重新調配組內相對緊迫的資源，以增強緊急風險傳達能力，一旦爆發禽流感，可即向市民發出警示。」此外，蔡博士亦提及籌辦「健康飲食在校園」運動的過程，為他注入新的思潮，讓他以新的角度重新思考健康促進工作，是參與這項工作的得着之一。

給新進的話

蔡博士相信，健康促進工作會成為社會上的跨界別集體運動。通過社區發展，目標社群和健康促進者的網絡著實得以擴張，能力亦有所提升。總結經驗，他言簡意賅地寄語新進同工毋忘創意，謹記靈活變通，因此乃健康促進工作的成功關鍵所在。 


Health. This risk factor could be minimised through rectification of unhealthy behaviours with strategies targeted to facilitate healthy and supportive environment. On top of the need to combat childhood obesity, primary schools are chosen because most schoolchildren would have lunch at school with the adoption of the whole-day schooling. Moreover, strategies for building up healthy practices would be most effective if launched from early childhood. Through the use of multimedia channels like Announcements of Public Interest (APIs) on television, capacity building workshops for teachers and parents, the 'EatSmart' thematic website and community liaison such as the 'EatSmart Alliance Building Ceremony' taken place in early January 2007, the 'EatSmart@school.hk' Campaign is marketed holistically to parents, children, teachers, lunch suppliers and tuck shop operators.

Memorable Moments with CHEU

For the past three years, Dr CHOY has been working with his colleagues in CHEU for different health promotion projects and campaigns. He finds the risk communication activities on prevention of avian influenza very challenging. 'Dealing with the threat of potential avian influenza outbreak in late 2005 is the most memorable and impressive experience, as the risk perceived then was so big and acute. During that time, I needed to make lots of important decisions regarding redeployment of manpower and resources among competing

needs within the Unit for strengthening the capacity for urgent risk communication to alert the public in case of avian influenza outbreak,' said Dr CHOY. Moreover, Dr CHOY adds that the 'EatSmart@school.hk' project has infused him with evolving spirits and attitudes toward health promotion, which is one of the merits of this campaign.

Words for Novices

Dr CHOY believes that health promotion will become a multi-disciplinary and collective movement of society. Through community development, the network and capacity of both target community and health promoters are indeed expanded and strengthened. To conclude with a keynote, Dr CHOY would like to impart to novices that creativity is the key to success of health promotion campaigns. 




『「健康飲食在校園」運動結盟大會』於二零零七年一月初舉行，蒙衛生福利及食物局局長周一嶽醫生和衛生防護中心總監梁栢賢醫生擔任主禮嘉賓。
The 'EatSmart Alliance Building Ceremony' was held in early January 2007. Dr York YN CHOW, Secretary for Health, Welfare and Food, and Dr PY LEUNG, Controller of CHP featured the occasion as the guests of honour.

科學委員會天地

Scientific Committees Corner

蒙數據分析及疾病模型科學委員會支持，衛生防護中心於二零零七年一月十八日至二十日期間舉辦了「傳染病地理空間及流體力學模型短期課程」，旨在加強醫護人員對地理信息系統及計算流體力學的認識及應用。


這個課程包括兩個環節：第一部分是透過專題研討，介紹地理信息系統及計算流體力學

的概念及其應用；第二部分為電腦練習，參加者可運用地理信息系統技巧調查爆發個案，或以計算流體力學的方法解決醫院感染控制的問題。是項課程參與人數逾百，當中包括醫生、感染控制護士和研究人員，反應良好。 

With the support of the Scientific Committee on Advanced Data Analysis and



Diseases Modelling, the Centre for Health Protection organised the 'Short Course in Geospatial and Fluid Dynamics Modelling of Infectious Diseases', from 18 to 20 January 2007, aiming to facilitate understanding and application of geographical information systems (GIS) and computational fluid dynamics (CFD) methods among health professionals.

The training course consisted of two parts. In the first part, the concepts and applications related to GIS and CFD in disease control were introduced through a series of seminars. The second part was a hands-on session in which participants took part in computer exercises using either GIS technique to investigate an outbreak, or CFD technique to solve a hospital infection control problem. There were more than 100 participants including medical doctors, infection control nurses and researchers. The programme was well received. 

隔離保護間 / 隔離保護室

Isotent / Iso-booth

肺科診所內的醫護人員會為肺塵埃沉着病及肺結核病人進行一些高危的醫療護理工序，如收集和抽取痰液樣本及為他們進行肺功能測試等。因此，隔離保護間 (Isotent) / 隔離保護室 (Iso-booth) 所擔負的保護角色極為重要。

這裝置早於七年前已在油麻地胸肺科診所使用。同事透過日常工作，已逐漸對Isotent的使用加深認識，亦了解到它所帶來的益處遠超於使用時的不便。

經過多次改良及調校，Isotent的操控更為輕易。同事累積了經驗，現已掌握這設備的功能和特點，並能純熟及有效地使用，而且每天亦會定時測試它的效能及徹底清潔，以確保維持在最佳狀態。

新一代的Isotent具備嶄新外觀和更多功能，預計將在短期內面世。胸肺科診所的同事現


正引頸以待，期望可盡快以此先進設備為市民提供更佳的服務。 

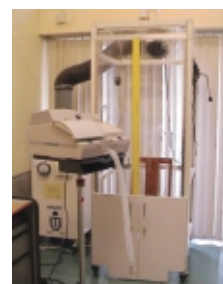
Isotent or Iso-booth is an important safety/risk reduction appliance for performing high risk procedures, such as sputum specimen collection/ induction and performing Lung Function Tests on both pneumoconiosis and tuberculosis patients.

Isotent has been first installed in Yaumatei Chest Clinic for nearly seven years. Through performing their daily operations, staff of the TB & Chest Service (TBCS) have become more and more familiar with the use of Isotent. What is more, they all now recognise that its benefits outweigh inconveniences caused by it.

With a series of fine-tuning and modulation, Isotent becomes easily managed and controlled. Staff of TBCS now become fully familiarised with its

functions and work with it smoothly and effectively. On a daily basis, regular cleansing and measures for quality assurance are performed to ensure that it operates at optimal efficiency.


Lastly, a new style/ model of Isotent with a totally new appearance and added functions is expected to be available soon. Colleagues are eager to work with this advance facility to improve the quality of services for the general public in TBCS centres. 



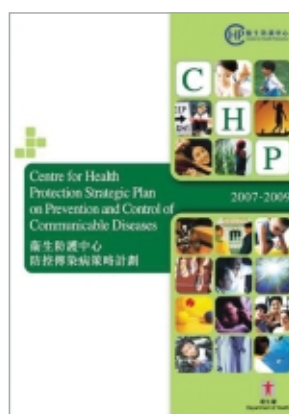
項目巡禮 Programmes in Focus


衛生防護中心防控傳染病策略計劃2007-2009

Centre for Health Protection Strategic Plan on Prevention and Control of Communicable Diseases 2007-2009

衛生防護中心剛制定2007至2009年的防控傳染病策略計劃。未來三年衛生防護中心將繼續朝着實時監測、迅速介入和適時通報風險這三個策略性方向，推動對抗傳染病的工作。衛生防護中心已就每個策略性方向擬定特定的目標及主要策略，闡述中心為迎接未來挑戰而將會進行的工作。市民可於衛生防護中心網頁 <http://www.chp.gov.hk> 閱覽《衛生防護中心防控傳染病策略計劃2007-2009》。 

The Centre for Health Protection (CHP) has just promulgated its strategic plan on prevention and control of communicable diseases for 2007-2009. Real-time surveillance, rapid intervention and responsive risk communication (i.e. 3Rs) continue to be CHP's strategic




directions in its fight against communicable diseases in the coming triennium. For each of these strategic directions, specific objectives and key strategies are identified, setting out what CHP will do to meet the challenges ahead. Details of the CHP Strategic Plan on Prevention and Control of Communicable Diseases 2007-2009 are available at CHP website <http://www.chp.gov.hk>. 

「健康飲食在校園」運動結盟大會

Alliance Building Ceremony of 'EatSmart@school.hk' Campaign

衛生署為推廣校園健康飲食文化，於二零零七年一月八日假灣仔伊利沙伯體育館舉行「健康飲食在校園」運動結盟大會，共有約八百名小學代表、家長、學生、食物供應商、專業團體及非政府機構的代表出席。


是次活動邀得衛生福利及食物局局長周一嶽醫生、署理衛生署署長梁栢賢醫生及教育統籌局首席助理秘書長(課程發展)陳嘉琪博士擔任主禮嘉賓。周局長更與香港兒童音樂劇團的小演員合演話劇，呼籲各界合力支持「健康飲食在校園」運動。此外，三位主禮嘉賓亦與一百四十多間支持此運動的機構代表在台上進行結盟儀式。他們以手牽手的方式，象徵各方團體承諾聯手推動「健康飲食在校園」運動的決心。

當日場面十分熱鬧，各參與者都非常投入，尤以集體遊戲「健康食物對對碰」的反應至為熱烈。結盟大會在一片歡樂聲中圓滿結束。 

To promote the culture of healthy eating in schools, the Department of Health organised the Alliance Building Ceremony of 'EatSmart@school.hk' Campaign at the Queen Elizabeth Stadium on 8 January 2007. About 800 representatives from primary schools, parents, students, food traders, professional bodies and non-governmental organisations took part in this magnificent event.

The ceremony was much honoured to have Dr York YN CHOW, Secretary for Health, Welfare and Food, Dr PY LEUNG, Acting Director of Health and Dr Catherine KK

CHAN, Principal Assistant Secretary (Curriculum Development), Education and Manpower Bureau as the officiating guests. Dr CHOW has also joined the performance in the opening drama with actors of Hong Kong Children's Musical Theatre to arouse the audience's as well as public of different sectors' awareness towards healthy diet in schools. In addition, the officiating guests of honour made their pledges on stage with the representatives from over 140 organisations that cordially support this campaign. With a simple hand-holding action, they solemnised their determination of putting further efforts to promote healthy eating in schools.


All participants enjoyed the event greatly; and the mass game - 'Healthy Food Who's Who' - marked the climate of the whole ceremony. The Alliance Building Ceremony ended in an array of laughter and joy. 




項目巡禮 Programmes in Focus

衛生防護中心團隊培訓工作坊

CHP Team Building Workshop

二十七位衛生署員工於二零零六年十二月十三日在香港專業教育學院(青衣分校)參與衛生防護中心團隊培訓工作坊，氣氛愉快。曾浩輝醫生代表衛生防護中心總監於工作坊致歡迎詞。工作坊的目的是讓員工了解具效率團隊所需的必備元素，並建立緊密的團隊力量以達成共同目標。工作坊以一連串的戶內和戶外活動啟發參與者的團隊精神和溝通技巧。 

The first CHP Team Building Workshop has taken place on 13 December 2006 at the Tsing Yi Institute of Vocational Education (IVE) and 27 DH colleagues spent a wonderful day in the workshop. On behalf of the Controller, Dr Thomas TSANG delivered a welcome remark at the workshop. The objective of the workshop is to enable colleagues to understand the essential elements of an effective team and to build up a cohesive

team force in achieving a common goal. The workshop contained both indoor and outdoor exercises with focus on building team spirit and communication skills. 



活動快拍 Snapshots of Events

9.2006

感染控制處製作了一套隔離防護措施標誌，並分發予公立及私營醫院，以統一醫院內所使用的標誌。

Infection Control Branch has produced a set of Isolation Precautions Signage and distributed to public and private hospitals for standardising the signage used in hospitals.



4 & 11.11.2006



社區聯絡部參與由東區健康城市項目所舉辦的健康講座，並舉行了一場簡報會及設置攤位遊戲，共吸引約二百五十名人士參與。

Community Liaison Division participated in the health talks organised under the Eastern District Healthy Cities Project through holding a briefing session and running a game booth. There were a total of 250 visitors.

活動快拍 Snapshots of Events

21 & 30.11.2006

社區聯絡部分別為大埔區康復服務地區協調委員會成員及大埔區長者舉行了兩場有關傳染病季度風險通報的研討會，共有一百四十人出席。

Two seminars on Seasonal Risk Communications on Communicable Diseases were held by Community Liaison Division for members of Tai Po District Coordinating Committee on Rehabilitation Services and the senior citizens in Tai Po respectively. There were 140 participants in total.



25.11.2006

社區聯絡部參與由大埔健康安全城市主辦的大埔「健康橋頭堡」啟動典禮，並設置了健康飲食在校園的攤位遊戲及展覽，吸引共三百人到訪。



Community Liaison Division took part in Tai

Po Health Fort Kick-off Ceremony which was organised by Tai Po Safe and Healthy City. A game booth and exhibition on EatSmart@school.hk were set up, attracting 300 visitors.

26.11.2006

為向屯門區內小學推廣「健康飲食在校園」運動，社區聯絡部與屯門區議會合辦一共五項比賽，分別名為「健康校園飯盒餐單選舉」、「2+3健康飲食小天使選舉」、「2+3健康飲食家長心得」短文比賽、「健康飲食在校園獎勵計劃頒獎嘉年華」遊戲攤位設計比賽及「健康飲食在校園」傑出學校大獎，並在頒獎典禮當日設置攤位遊戲及展覽，共吸引約一百五十人到場參與。

In collaboration with Tuen Mun District Council, Community Liaison Division (CLD) organised 5 competitions to promote 'EatSmart@school.hk' campaign for primary schools in Tuen Mun district. In the award ceremony for these competitions, a game booth and exhibition were set up by CLD, attracting 150 visitors in total.



25-26.11.2006

社區聯絡部在中西區健康節中設置「健康飲食在校園」的攤位遊戲，並舉辦有關登革熱及子宮頸普查的健康講座，約有一千名人士參加。

Community Liaison Division participated in Central & Western Health Festival. A game booth on 'EatSmart@school.hk' and health talks on dengue fever and cervical screening were arranged with around 1000 participants in total.



29.11.2006

監測及流行病學處舉行了「二零零六年四月行為風險因素調查」發布會，介紹是次調查的結果。報告及調查結果已上載於衛生署和衛生防護中心網頁，以供市民閱覽。

The Surveillance and Epidemiology Branch held a press briefing to publicise the results of Behavioural Risk Factor Survey April 2006. Reports and findings have been uploaded to the homepages of Department of Health and Centre for Health Protection for public access.



2.12.2006

社區聯絡部與荃灣區議會於荃灣廣場合辦名為「健康飲食我至叻」的親子烹飪比賽，並設置了攤位遊戲及展覽，共吸引約二百七十名人士參觀。

In collaboration with Tsuen Wan District Council, a healthy recipe cooking competition entitled 'Be Smart in Healthy Eating' Parent Children Cooking Competition was held in Tsuen Wan Plaza. A game booth and exhibition were run by Community Liaison Division with 270 visitors.



活動快拍 Snapshots of Events

5.12.2006



社區聯絡部與深水埗中南分區委員會及深水埗民政事務處合作，在該區舉辦名為「識飲識食健康之道」的健康講座，共有一百人參與。
In collaboration with Sham Shui Po (Central & South) Area Committee and Shum Shui Po District Office, a health talk on healthy eating was held in the district by Community Liaison Division. There were 100 participants in total.

17.12.2006

觀塘健康城市督導委員會為響應「健康飲食在校園」運動，於觀塘區舉行了兩項分別名為「小學親子健康餐盒設計比賽」及「中學親子健康食譜設計暨無火烹飪比賽」的活動。

Two competitions under Healthy Eating Campaign in Kwun Tong District were held by the Kwun Tong Healthy City Steering Committee to echo the 'EatSmart@school.hk' campaign.



16.1.2007

內地、香港及澳門衛生當局的代表在香港舉行「長城演練」總結會。



Representatives from the health authorities in the Mainland, Hong Kong and Macao held a round-up meeting for Exercise Great Wall in Hong Kong.

11.2006 - 1.2007

吸煙修訂條例將禁止吸煙區擴展至絕大部分工作間及公眾場所的室內範圍。社區聯絡部向全港十八區的區議員介紹這剛實施的條例的內容，希望各區區議會及市民能通力合作，在社區中推廣無煙環境。

Presentations introducing the recent enactment of the amendment ordinance regarding the expansion of the non-smoking area in the vast majority of indoor areas of workplaces and public places were held by Community Liaison Division for members of all 18 District Councils to call for support from them and members of the public for the purpose of proactively promoting smoke-free environment in the community.




編者的話 Words from the Editor

農曆新年又到了，《CHP通訊》編輯部全寅謹祝各位讀者豬年快樂，身體健康！

佳節當前，要開心歡度假期，市民須格外注意飲食健康和個人衛生，慎防疾病。今期本刊很榮幸能夠訪問中央健康教育組總監蔡遠寧博士。蔡博士介紹了該組在健康推廣工作上承擔的使命及功能，並暢談工作經驗和心得。

今期的《CHP通訊》除了報導「『健康飲食在校園』運動結盟大會」的花絮外，亦刊載了已展開的「衛生防護中心團隊培訓工作坊」的消息，詳情請閱內文。

大家如對《CHP通訊》有任何意見，可傳真或電郵至本刊編輯部。傳真號碼為2591 6127，電郵地址為rcag@dh.gov.hk。 

Kung Hei Fat Choy! From the Editorial Board of CHP Newsletter, may we wish you a happy and healthy Year of Boar.

While celebrating the Spring Festival, everyone should pay special attention to healthy eating and personal hygiene, so as to keep diseases away. In this issue of CHP Newsletter, we are much honoured to have had an interview with Dr Ray CHOY, Head of Central Health Education

Unit (CHEU) for our cover story, in which he introduced the mission and functions of the Unit in health promotion and shared generously his experience and expertise.

'Programmes in Focus' of this issue highlights the 'Alliance Building Ceremony of "EatSmart@school.hk" Campaign'; and there is also coverage of the 'CHP Team Building Workshop'. Enjoy your reading now!

We welcome suggestions. Please fax them to our Editorial Board at 2591 6127 or email to rcag@dh.gov.hk. 